

Explication of the External Adept



The third stage may be said to be a confrontation with what Jung has called the 'anima/animus' [1]

Both archetypes are integrated in a balanced way through means of internal and/or external magick and insight roles.

Integration of the anima can be done through,

Practising thoughtfulness and considering the needs of others.

Listening with compassion and concern, an expression of esoteric empathy.

Nurturing and taking care of something respectfully.

Getting in touch with and understanding inner emotions of oneself and others.

Expanding hobbies and interests to actually incorporate female energies into your daily life.

Expressing inner anima through music, art, or dance. Known as Balobianism.

Using romantic gestures to rediscover the passion.

Practicing self-study to develop the internal need for love and fulfilment.

Integration of the animus can be done through,

Taking an insight role that puts you in authority.

Practising assertiveness and learning to take charge.

Developing leadership abilities and becoming more self-reliant and self-sufficient.

Learning masculine skills such as handy-man tasks for example fixing car problems or traditional masculine skills of the exoteric hunting, camping, providing resources and shelter. This will be needed during the rite whether 3 or 6 months wherein one is devoid of modern conveniences.

Studying others' approach to problems and decision-making, learning from not only the experience of oneself but the experience of others.

Gaining more emotional balance by practicing mindfulness, meditation and self-exploration.

Order of Nine Angles

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Notes

[1] NAOS, page 7